

# The Tikkun Middot Project

## Beginning the Journey

In the July/August issue of the *JGF*, Rabbi Angel wrote about Sha'ar Zahav's participation in The Institute for Jewish Spirituality's Tikkun Middot Project, and invited us to join her, our educator Rebecca Weiner and five lay leaders, who have been trained by the Institute, on a Jewish journey to:

- Find joy in every day
- Improve patience and forbearance
- Break through the barriers that obstruct our lives

In this year of transition, the study of Mussar and Mindfulness – Jewish values and techniques that offer guidance for our lives – can be particularly useful. Wherever we are in our lives and in the life of our congregation, the study

and practice of these Jewish values will provide tools for changing challenging situations into opportunities.

Beginning in September, we will study twelve middot (values). There are many ways to participate:

- through classes with our rabbi
- as families in Beit Sefer
- through joining the Mussar Chavurah in San Francisco and in the East Bay
- in a Mussar yoga group
- as part of the meditation-Mussar Chavurah

Everyone is welcome. Try a class to discover whether this approach will add meaning to your life. For more information, contact [TikkunMiddot@shaarzahav.org](mailto:TikkunMiddot@shaarzahav.org).

## Hitlamdut: A Teaching for September

BY KIM HAVESON

Hitlamdut: Verb, reflexive form of the word “to study”

1. to adopt a stance of being a learner. 2. to have what we learn impact us. 3. to internalize what we learn. 4. to understand how a particular situation or learning applies to one's own life.

We start the Tikkun Middot Project with *hitlamdut*, affecting a learner's stance, because it is one of the foundations of Mussar and is something we can strive to bring to all our studies and experiences. Maimonides wrote that *hitlamdut* is the essence of Torah study. We study Torah, or anything else, not just to obtain knowledge; the purpose of learning is to affect us and transform our lives.

During the weeks that I studied *hitlamdut* this past spring, I would recite daily (sometimes more than once) “it's okay, I'm just a learner” or “I am practicing.” Whether it was when I was meditating, driving home during rush hour, having a challenging conversation with someone important to me, or making my to do list, it helped me be more gentle with myself, more encouraging, more curious about what was going on with me and those I was relating to.

We start our study of Middot with *hitlamdut* because it helps to manage the potential pitfalls of engaging in this study of Mussar: arrogance and self-criticism. When I embrace my role as a learner or consider that I am practicing, there is nothing for me to be arrogant about. I'm

not measuring myself against anyone or anything, and I need not berate myself for not getting it just right.

With the critic and/or arrogance quieted, we are freed to engage and deepen our experience of *hitlamdut*. We become available to be curious and to nonjudgmentally observe what's happening, mentally, physically and spiritually. When we dial down the judgment, we are more able to study and be open to change, decreasing the impulse to avert our eyes or resist. This way, every experience can present an opportunity for learning and moving our lives in positive directions. *Hitlamdut* encourages us to recognize that we are always in process of becoming our better selves.

In this season of introspection, having a curious stance about how and why we do what we do is a great approach to starting the new year.

## Bechirah Points: A Teaching for October

BY ALI MICHAEL CANNON

The *Bechirah* Point, or Choice Point, is that point at which what we know to be right meets our temptations and appetites. We are in a *Bechirah* Point when we sense a struggle between what we know is the right thing to do and what we feel we want to do. Ideally our feelings align with whatever is right, but until we reach a high level of spiritual growth, feelings are better taken as information and not as guides for action. The more (continued on page 10)



# The Process of Saying Goodbye



**AS I LOOK** forward to celebrating the High Holy Days with you and welcoming in this new year, I notice that I am equally looking forward to saying goodbye to the year that is soon ending. It's not always so.

Some years like some days are more difficult than others. So it goes.

Goodbyes and hellos, endings and beginnings can be both every day and sacred, potentially healing and transformational both for the particular people involved and the communities each one of us impacts. The way we end and the way we begin – a day, a year, a relationship, a life, will be a genuine

expression of who we are – as individuals and as a collective. As the new year approaches, let's be curious about the saying goodbye process.

Judaism takes an unusual approach in assessing what is considered a kosher closure. A good goodbye includes the following spiritual tasks and tools: reflecting with gratitude on the past; expressing gratitude; receiving gratitude; letting go of disappointments and unmet expectations; asking and granting forgiveness, mutual release/forgiveness ritual; acceptance and returning to life with new blessing, new hope and new meaning.

*Cheshbon Hanefesh*, the process of calling ourselves to the height of awareness regarding our behaviors, is a process that begins best with gentle curiosity.

What's it like saying goodbye to the last year? What are some of the highlights that you intend to hold onto? What's one encounter you'd like to feel released from schlepping around? Are there hopes and dreams that you must let go of? What is one thing you want to do differently this coming year? What's one way you can convey the gift of your forgiveness to someone who seeks it in sincerity? In the words of the great ice queen from the film *Frozen*, how can you LET IT GO to make room for the new incoming good spirit of this year?

Research shows that nothing much in your life will change unless you decide to make it change. Most of us continue familiar patterns of behavior because our fear of experimenting with new behaviors is greater than our fear of facing the consequences of old mistakes. But it doesn't need to be so.

Judaism teaches us to take Tikkun (repair) and Teshuvah (second chances) seriously.

Without some intentionality on how we end the year and enter a new hopeful beginning, those old self-defeating patterns will get the better of us.

As part of bringing 5774 to an end, let me ask you for forgiveness for all hurts I've caused. And too, let me wish you every positive turn in your year ahead that it may be a year of good health and good change.

Shana Tova U'metuka,  
Rabbi Camille Shira

## Selichot: A Community Confession

Selichot are special prayers for forgiveness that are said during Elul and the Days of Awe. "Selichot – A Community Confession" is an interactive exhibit promoting repentance, t'shuvah and transformation. Congregants are invited to write out their transgressions and confessions (anonymously or not) on plaques that will be hung as a collection on a Torah-themed peg board and prayer wall that will be displayed in the lobby.

This project presents the High Holy Days themes in a fresh and inclusive approach to the Jewish tradition of taking collective responsibility for our lives and the activities of the community. We encourage both young and old to post their personal confessions and prayers.

"Selichot" confirms the power of public t'shuvah as a means to promote healing and unity for both the individual and community. During the High Holy Days we seek t'shuvah as a collaborative community and the Selichot project embraces this theme.

This national project includes over 100 synagogues, schools and other Jewish organizations. We hope it will be a catalyst that helps bring us together during this sacred season of renewal.

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# Advancing to a Bright Future



**I'M SURE** that all of you remember Eeyore. Eeyore is the gloomy and pessimistic donkey in the Winnie the Pooh stories. Sometimes I feel like Eeyore. This may be more than you want to know about me. Fortunately the Sha'ar Zahav community will not let me stay in that Eeyore state of mind when it comes to our future! Thanks to this year's Leadership Advance, it is easier for me to see a bright future for Sha'ar Zahav.

Every year we invite long-time and new leaders to attend an Advance. We call it an Advance because we never retreat! We certainly didn't retreat from the burning issues facing our congregation this year. About 40 of us met at our home on Dolores Street over the July 11th weekend. As we worked, led by Susan Colson, we quickly identified some major themes for further thought and discussion.

I learned that when there is transition, there is both anxiety and opportunity. We focused on both during the Advance. Participants set the agenda based on the burning issues that are topical for our leaders. The topics ranged from using social media for marketing to developing more vibrant and engaging services.

Large themes emerged that focused on possibilities for Sha'ar Zahav's future. By the end of the Advance we came away with new task forces for the larger issues and objectives for the coming issues. We are already starting to move as I write this article. The task forces that were formed are set to explore the following large agenda items:

How do we make better use of our building to help keep us financially strong?

Developing our vision for future rabbinic leadership.

Looking at the possibility of forming strategic partnerships with other like minded organizations.

The more concrete tasks ahead of us are equally exciting. We are lucky to have almost a year to say goodbye and honor our rabbi. We came up with a few possibilities at the Advance. Each of you has a unique relationship with Rabbi Angel. Please share your ideas for honoring her with us to insure that we plan most suitable events.

We also have a group of people who want to engage in outreach to the larger community. We talked about using social media to

get the word out about Sha'ar Zahav. There was even talk about putting out a YouTube video of some of our fabulous events.

We don't want these concrete tasks to just be ideas that don't have a future. If any of these topics interest you, become an engaged member and join us in this next year as we work on our transition.

A sub-committee of the Connections taskforce is helping us develop a listening campaign that will start around the High Holy Days. Look for more details in the near future.

As we go into this year of transition, let's focus on doing. Let's do what is fun for us. Let's accomplish something meaningful. Let's find the pot of honey in our year ahead.

I wish you and your families a new year of good health, happiness and success.

## CSZ's Transition Listening Campaign

Sha'ar Zahav is at a transitional point in our history. Rabbi Angel is preparing to move on to the next phase of her career in June, 2015. This gives us an opportunity to look at our future as a community and imagine what we want to become and how we can get there.

To make sure that everyone's voice is heard, the Va'ad—Sha'ar Zahav's Board of Directors—is launching a Transition Listening Campaign this fall. We will be hosting a series of small group meetings and one-on-one conversations where you will be able to share what you're feeling, what you're thinking, and where you'd like us to go. As with our previous Listening Campaigns, this will be your chance to talk to leadership and other congregants while strengthening our connections with each other. Va'ad members will use the results of this Listening Campaign to help them make plans for our future.

Please watch your email for a list of dates for the upcoming campaign. If you'd like to help make the campaign happen, either by facilitating or hosting a group, please contact [listeningcampaign@shaarzahav.org](mailto:listeningcampaign@shaarzahav.org).

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# San Francisco Organizing Project/Peninsula Interfaith Action Update

BY DANA VINICOFF AND REGINA WURST

**C**ongregation Sha'ar Zahav is one of over forty congregations and community organizations who are doing faith-based community organizing together as members of SFOP/PIA. Sha'ar Zahav first joined in Spring of 2004 as the first Jewish congregation and the first LGBT-focused congregation to become a part of SFOP.

Recently, we have been working with Congregation Sherith Israel, Star of the Sea Catholic Church, and St. John the Evangelist Episcopal Church, researching and advocating regarding issues concerning health care and other forms of support of seniors. More recently, St. James Episcopal Church joined our cluster of congregations. In November 2013 we held a community action at Sha'ar Zahav to promote these efforts. All those present, including San Francisco Supervisors David Campos and David Chiu, signed a Covenant of Care pledging to make San Francisco a city in which everyone has access to healthcare and our elders have the necessary services and support to live with dignity, security and peace.

As part of our work, we gave input to the SF LGBT Aging Policy Task Force before it released its report and recommendations in March 2014; we worked with Moli Steinert of Stepping Stone to get San Francisco an exemption from the 10% Medical rate cut to Adult Day Health Care; we have been working to make sure that Healthy SF stays in place for those in need, even as the Affordable Care Act is being rolled out. We helped convince the SF Board of Supervisors last June to pass an ordinance sponsored by David Campos that closes the loophole in the Employer Spending Requirement of the Health Care Security Ordinance (which also created Healthy SF) by January 2017, so that every penny set aside for employees' health care will actually be spent on health care. In case you don't remember, Sha'ar Zahav was instrumental in getting the Health Care Security Ordinance passed in the first place in 2007.

Stepping Stone and Nancy Meyer, a CSZ congregant, board member of Stepping Stone and realtor with Zephyr Real Estate, helped us put together an educational seminar series called "Planning Care for Aging Loved Ones." We have already presented talks on Real Estate Solutions for Seniors, Home Safety and Independence, Taking Care for the Caregiver, and Memory Care, and the series will conclude with a talk on Protecting Yourself and Your Property, presented by attorney Helene Wenzell, at Sherith Israel on Thursday, September 18, at 6:30 pm.

Finally, we are in the midst of conducting a survey at our congregations on Caring for Our Aging Loved Ones to identify the most pressing issues of our congregants. This will

help us determine how we can best make SF a better city for you, and will give us power with officials when we share stories of our fellow congregants. Please take the survey today if you haven't already, and ensure that your concerns are heard. Here is the link: <http://tinyurl.com/qettqac>

## Lifelines to Healing: Walking the Mission with SFOP

SFOP is very involved in the PICO Lifelines campaign, one component of which is working to end violence in our neighborhoods. Regina Wurst, Sha'ar Zahav's administrator, has been participating in the Mission Lifelines Nightwalks for a few months. They take place twice a month, starting at St. John's, City Church, Grace Fellowship or another host congregation at 6 pm. After an opening circle we walk together in the Mission, stopping to talk and pray at spots where there have been shootings or other violence. We carry signs that say: We care, Stop the violence and What do you need? We return to the host congregation for a wrap-up and debrief, and leave by 8:00 pm.

We have also had meetings with Mission community youth workers and have been learning about the root causes of gang violence, and what they have been doing over the years to support youth and their families.

If you would like to join any of the SFOP/PIA clusters or activities, please contact the CSZ office and we will put you in touch with the contact person.

## Tashlich—Back at Crissy Field!

Tashlich, literally meaning "you will cast," is the Rosh Hashanah custom of symbolically casting one's sins into the water. Traditionally, crumbs of bread are tossed into moving water, as we commit to doing better next year. (Last year, Rabbi Angel encouraged us to toss pebbles, rather than bread, into the water to be more environmentally conscious and not disturb nutrient balance in the water.)

At Sha'ar Zahav, our Tashlich tradition has evolved to include a community-wide brown bag picnic followed by a short, song-filled service before we walk to the water to perform the Tashlich ritual.

This year, we are back at Crissy Field. We gather starting at 2:00 pm on the first day of Rosh Hashanah for food and schmoozing and the service begins at 3:00 pm. Bring your own lunch, bread to throw if you want to do that, and a blanket to sit on.

Directions to Crissy Field will be available at the Membership table at Rosh Hashanah services, or through the Sha'ar Zahav office.



# What is that Form that Came in My Dues Packet?

## *Explaining the Avodah Form*

BY ORA PROCHOVNICK

**B**elonging to Congregation Sha'ar Zahav means more than paying your annual dues. Don't misunderstand—your community still wants and needs your dues pledge. But as important as money is, it is just as important that you give your time and share your skills and enthusiasm. Therefore each year, as we each make our annual financial commitment to the congregation, we are also asked to make a commitment of our time and energy to the community. Hence that mysterious Avodah form that came with your dues packet.

One of the three core pillars of Judaism (along with Torah (learning) and Gimilut Chasadim (acts of caring)), Avodah is a Hebrew word which encompasses spiritual and communal service. At Sha'ar Zahav, members' contribution of their time and energy allows us to offer the extensive programs and services that make our congregation so special. In addition to mitzvah of giving back to the community, this kind of volunteer service has its own rewards, forging long-term relationships and opportunities for personal engagement.

There are a variety of ways that you can give your time, talents and experience—work with our youth, greet at services, help prepare food, volunteer at a one-time event, serve on a committee, and so many more. There is so much work to be done and you don't need any kind of training or special skills other than being willing to show up and share your energy and creativity. Each member is free to choose how much time to give, but please contribute in some way. CSZ-niks have often discovered that their greatest satisfaction comes from contributing to the ongoing work of our synagogue. It creates opportunities to apply your talents in fields different from your usual work. By giving of your time you know you will be making a positive difference in the life of our community. But most importantly, you also grow spiritually and socially, developing relationships and forging long-term and deep connections.

So please give some careful thought to completing your Avodah form this year. If you've misplaced your form, please contact the Connections Task Force at [connections@shaarazahav.org](mailto:connections@shaarazahav.org) and we'll be happy to send you another one.

# Our Legacy Community My One and Only Spiritual Home

BY SARITA GROISSER

**W**hen I was asked to consider participating in the "Our Legacy" project of CSZ, it felt like a "no brainer." How could I not name my visionary synagogue, my spiritual home and my community of friends in my will? Over the past 20 or so years since I've been a member, CSZ has provided enriched meaning to my life, a center of Jewish learning, a nucleus of diverse friends, and a place to "give back" with joy and commitment.

Though I grew up with a synagogue, and have visited many others over the years, I never felt that I fit in at any besides CSZ. This is my one and only spiritual home.

How fortunate I am, we are, to have that.

When my parents used to visit from the East Coast, they would always come to CSZ for a service. They consistently remarked about what a warm and welcoming community it



was. My father would say, "Well, if I ever had an experience like that in my temple, I'd go to services, too!" Simple and profound.

During these 20 years, my level of involvement in CSZ has fluctuated. At times I have been very active; at others, less so. My most meaningful experiences were related to mentoring three girls for their Bnei Mitzvot, engaging in community organizing through SFOP, and co-leading services.

Why include CSZ in my will? I want to help make sure this community survives, so that those who wouldn't feel at home in any other shul will always have CSZ as a sanctuary. I want those who may otherwise feel disenfranchised by Judaism to experience the welcoming and nurturing of CSZ.

Providing for CSZ in my will is an expression of my values and hope.



# Introducing the Bat Mitzvah

## Sulmi Rubenstein-Markiewicz



Sulmi Bess Nohemi Garcia Rubenstein-Markiewicz will be called to the Torah as a Bat Mitzvah on Saturday, October 11. Sulmi is a seventh grader at Marin Country Day School and enjoys playing soccer. She loves reading and drawing, and dreams of becoming an astronomer or a cartoonist.

Her bat mitzvah occurs during Sukkot so she has been studying the special Sukkot parsha, Ki Tisa from Exodus.

Sulmi would like to thank her Hebrew tutors, Ila Cherney and Rebecca Weiner, her mentor Elana Robinson-Lynch, and Congregation Sha'ar Zahav for supporting her.

## Sofia Herron Geller

Talk to her for a while and she might tell you about what she's reading...if you can get her to put down the book. Or she might enchant you with tales of the flora growing in her family's plot at Dearborn Garden, where she does much of the



planting. Or perhaps she'll talk about the tricky syncopations in the Scott Joplin rag she's currently working out on the piano at home.

Sofia Herron Geller, who will be called to the Torah as a Bat Mitzvah on October 25, 2014, when not studying her Torah portion or teasing her younger sister, is likely to be

found in nature, often in a tree. Her interests are wide-ranging. Passionate about the environment and the arts, she sings, dances, draws and writes, likes school, and is perpetually engrossed in multiple books and a craft project at any one time. A talented seamstress, Sofia designs and makes clothing for dolls and people.

Adept at both piano and violin, which she plays from the fifth chair of her middle school orchestra, Sofia's piano repertoire runs from Kabalevsky Sonatinas to Brubeck's "Take Five" to "You've Got a Friend in Me." Sofia and her sister have performed with the local CMC Children's Chorus at some of the classiest venues in town, including Yoshi's, the SFJAZZ Center and the Bethany Senior Housing Community Room.

Sofia looks forward to her time on the bima.

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# Staying Positive about Jewish education

Rebecca Weiner Educator



AS WE approach another year at Beit Sefer Phyllis Mintzer, I am struck by the issue of how to make Jewish education relevant and meaningful for the next generation. As an educator who has spent twenty-five years in the field of Jewish education, it is clear to me that the only way to create enthusiasm among young Jewish learners is to create a culture of joy and encouragement.

Here are some ways that Beit Sefer Phyllis Mintzer creates a joyful learning environment:

1. We hire nurturing and knowledgeable teachers who encourage and support our students. We know, and countless studies have demonstrated, that children excel when they are given positive feedback. The ability to give praise is not nascent to all teachers or those who work in education, so we make sure to hire teachers who have this skill set. Children, as all learners, thrive in a positive culture and that is why we place so much emphasis on this goal at our school.

2. Our classes are fun. Each of our teachers is selected because they have a wealth of Jewish knowledge and because they know how to create interesting, creative lessons. Our teachers use art, drama, creative movement, storytelling and much more to engage our students in lessons that enliven the classroom. This can be through a claymation version of a Tal-

mud Midrash or a lesson on the art of Hebrew letters. When all of our student's senses are engaged, they retain more information and have more enjoyment in their studies.

3. We meet each student where they are. Every child who attends BSPM comes with their unique strengths. We focus on those strengths instead of creating a learning culture of criticism and shaming. If every one of our students can feel supported in their strengths and supported in their growth areas, students feel good about themselves and treat their peers in the same manner. We encourage validation first and guiding second as a teaching model at our school. This emphasis has created a context where our students feel safe and supported.

4. We make Judaism relevant for them by designing a curriculum that is forward thinking. Living Judaism demands that we constantly reimagine, think outside of the box and create Jewish lessons that are reflective of their Jewish world. We do this by hiring young, skilled teachers who have new innovative ideas and insights into contemporary Jewish thought. We believe at Beit Sefer that you can think outside the box and still create a climate of Jewish literacy.

5. We permeate our school with a culture of respect that is reflective of our Jewish values. This respect is demonstrated in a myriad of ways. We respect each other in our words, thoughts and actions. In the words of (continued on page 10)

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# Gladys' Tsimmes

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Richard Inlander, z"l, was a past president of our congregation who died a few years ago of cancer. In our early days he brought his two sons from an earlier marriage to our events and services. He was one of the most ethical attorneys that I have ever known. In addition to serving on the staff of a justice in our state courts, he graded bar exams for over 25 years.

During the height of the AIDS epidemic, Richard's vision of our needing our own cemetery section was realized. He went on to be the first openly gay member of the board of Sinai Memorial Chapel.

Gladys, his mother, was a great cook and he submitted a number of her recipes for our cookbook. A sweet brisket tzimmes is a favorite in many homes on Rosh Hashanah. The meat is meant to be tender enough to eat with a fork and the sweetened vegetables are a reminder to have a sweet New Year.

## GLADYS' TSIMMES

1 large onion, chopped  
3 tablespoons margarine or vegetable oil or schmaltz

1 1/2 to 2 1/2 pound chuck roast  
3 heaping tablespoons flour  
Salt and pepper to taste

4 sweet potatoes, quartered  
2 white potatoes, quartered  
4 carrots, sliced thick  
1 pound pitted prunes  
2 tablespoons molasses  
1/4 to 1/2 cup brown sugar  
Juice of one lemon  
1/4 cup catsup

Serves 6 to 8

Tastes best if made one day ahead  
2 to 3 days to prepare

Richard Inlander

Whenever I came home to Chicago from school in Berkeley, mother knew I wanted her tsimmes and she made it for me. Once though, she got my favorite mixed up with my sister's favorite and made leg of lamb for me. She never did that again. The easiest way to make this is cook the meat one day, cook it with the vegetables the second, then serve it the third. It tastes better if it sits overnight.

- In a Dutch oven or roasting pan, saute the chopped onion in the oil or margarine.
- Mix the seasonings with flour and spread evenly over both sides of the meat. Brown the meat on all sides in the pan with the onions. Reduce the heat to medium-low and simmer for one hour.
- Remove from the heat and when cool, cover and refrigerate overnight.
- When ready to cook, preheat oven to 350 degrees.
- Skim the fat from the top. Add all of the other ingredients, distributing vegetables around and over meat. Add enough boiling water to cover again.
- Bake for one hour, then lower temperature to 325 degrees and bake for two additional hours. Add more boiling water as needed, being careful not to let the tsimmes dry out.
- Remove from the oven and let rest a few minutes. Slice the meat thinly and put it in the center of a warmed platter. Surround with vegetables.
- Serve with a green salad and/or apple sauce.

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**David Gellman**  
DGellman@g3mh.com

**Arthur Meirson**  
AMeirson@g3mh.com



## Building Fund

**Steve Weiner** in memory of Kenneth Carlson.

## The Rabbi Julius & Pearl Funk Musical Events Fund

**Jonathan Funk & John Arnold** in honor of their 30th anniversary.

**Jonathan Funk** in memory of Rabbi Julius Funk.

**Sharyn Saslafsky** in memory of Kenneth Carlson.

## Phyllis Mintzer Education Fund

**Allan Berenstein** in memory of Jean Bass Maclachlan.

## General Fund

**Hershey Hirschkop & Leigh Peake** in memory of Stanley Tyler & Renee Lipschutz.

**Ora Prochovnick** in memory of Harry Winter, in honor of Barbara Cymrot & Andrea Kress's wedding, in memory of Louis Risto Radovich, and in memory of Jan Press, Edmond Navarro & Jean Maclachlan.

**Kenneth Carlson** in honor of Barbara Cymrot & Andrea Kress's wedding and in honor of teachers & panelists at the Shavuot program.

**Allan Berenstein** in memory of Perel Berenstein, in memory of Jan Press, in memory of Jay Feinstein, Ernie Weinstein, Hal Podgur, David Kotch & Alex Konski, and in memory of Georgette Beainy, life companion of Avraham Giannini.

**Mark Pressler**

**Dr. Marcia Adelman**

**Jonathan Funk**

**Rose Katz** in memory of Renee Lipschutz.

**Steven & Florence Nacamulli** in memory of Louis Risto Radovich.

**Shoshana Levenberg** in honor of Barbara Cymrot & Andrea Kress's wedding & in memory of Louis Risto Radovich, brother of Lydia Zinn.

**Ira Hirschfield & Tom Hansen**

**Frank Jadni & Philippe Lachkeur** in honor of Martin Tannenbaum & Alex Ingersoll.

**Alan Gordon**

**Ron Lezell** in memory of Kenneth Carlson.

**Beth Rubenstein & Evan Markiewicz** in honor of Joann Epstein-Bliss's bat mitzvah.

**Steven & Florence Nacamulli** in memory of Georgette Beainy & Kenneth Carlson.

**Paul Cohen & Robert Gutterman** in memory of Kenneth Carlson & Lois Peal.

**Arthur Slepian & Gerry Llamdo** in memory of Kenneth Carlson & in honor of Andrea Guerra & Shoshana Levenberg's wedding.

**Richard Meyerson** in memory of Kenneth Carlson.

**Leslie Miessner** in memory of Kenneth Carlson.

**Shari & John Carruthers** in memory of Kenneth Carlson.

**Beverly & Michael Rochelle** in memory of Kenneth Carlson.

## Rainbow Fund

**Judith Bell**

**Diana Buchbinder & Jeane Redsecker**

**James Carlson**

**Paul Cohen**

**Andy Fyne**

**Alan Gordon**

**Rose Katz**

**Ron Lezell**

**Jeffrey Lilly**

**Eileen Lynette**

**Alan Michels & Laureen Kim**

**Andrew Ramer**

**Julia Weber**

**Jeffrey Weil** in honor of Dr. Walter Kahn's 80th birthday.

**Larry Wexler**

**Judith Wolfe**

**Thomas Zickgraf**

**Michael Zimmerman**

## June 6-7

Flowers and Saturday kiddush sponsored by **Eileen Lynette** in memory of her parents Abi and Rosalie Lynette.

## June 20-21

Flowers sponsored by **Stuart and Susan Epstein** in honor of their granddaughter Joann's bat mitzvah.

Oneg sponsored by **Jeffrey and Stefanie Silverman** in honor of their niece Joann's bat mitzvah.

Saturday kiddush sponsored by **Mark Epstein and Mark Bliss** in honor of Joann's bat mitzvah.

## July 4-5

Flowers sponsored by **Paul Peninger** in memory of his father, John Ross.

## July 11-12

Flowers and oneg sponsored by **Sha'ar Zahav's Past Presidents** in honor of our new President Laura Lowe and the new Va'ad officers and members.

## July 18-19

Flowers sponsored by **Jon Zimman** in memory of his parents, Phyllis and Barry Zimman.

Oneg sponsored by **Donna Fein** in celebration of her welcoming into the Covenant.



## Tikkun Middot Project

(continued from page 1)

we become aware of choice points, the better chance we have to act in life-affirming ways with ourselves and others.

As we begin to work with the various middot we may find, though we intellectually endorse the strengthening of our balanced capacity for generosity or compassion or patience, that surprisingly powerful obstacles arise which challenge our ability to act in accordance with our convictions. Within the Mussar tradition there is an emphasis on these times, these *Bechirah* moments, when we have the option to act in ways that express the middot we are cultivating. We can turn right, toward greater lovingkindness, or we can turn left in the direction of indifference. Sometimes we encounter situations where the middah we are working on is called for, and we see it clearly and can readily manifest the desired behavior. Other times it is not so easy.

This practice of becoming aware of *Bechirah Points* will be used throughout the Tikkun Middot curriculum; it will enable us to see opportunities for choice as we strive to grow in our Mussar Practice.

## Staying Positive about Jewish education

(continued from page 7)

scholar Martin Buber, we see the holiness in each other, the spark of the divine. We respect each student's efforts and their boundaries and expect the same in return from our students. This is reflected in our Brit Limud, the contract for behavior which enables each student to bring their best self.

6. We gently raise the bar for our students. We know we could get results from our students if we constantly pointed out the flaws in their work, but that will never happen at Beit Sefer. We know that Jewish learning and engagement happens because students build positive relationships. We know that students cannot excel without guidance or instruction. We believe strongly though that this guidance can come with care and gentleness. Many years after a student forgets the report they wrote on the Diaspora, they will remember the teacher who made it fun and meaningful for them.

We believe strongly that our focus creates young people who want to continue to engage in life long Jewish learning and when they reflect on their Jewish learning it brings up joyous memories they want to sustain.

# Special Upcoming Events

### Friday, November 7 – Sunday, November 9: Healing the Wounds of History:

Descendants of Holocaust Survivors and The Third Reich, an intensive workshop and public Kristallnacht commemoration, performance and ritual at Sha'ar Zahav. Facilitated by drama therapists Armand Volkas (son of resistance fighters and survivors of

Auschwitz) and Anke Schaeffer (German artist and filmmaker).

[www.healingthewoundsofhistory.org](http://www.healingthewoundsofhistory.org)

**Friday, November 7: Yair Harel,** world-renowned Israeli performer, artistic director, and community organizer based in Jerusalem and active in the revival of the ancient art of piyyut (liturgical Hebrew poetry and song), will be

joining us for an evening of exquisite texts, music, and communal singing.

### Friday, December 12: Marc

**Dollinger Ph.D,** the Richard and Rhoda Goldman Chair in Jewish Studies and Social Responsibility at SFSU, will help us celebrate the 5th anniversary of the publication of our Siddur with a special drash.

# Sponsorship Opportunities

**Sponsor in honor or memory of a loved one or friend;**

Flowers—\$130

Friday Oneg—\$180

Saturday Kiddush—\$36

Shared sponsorships are welcome



## Our Condolences to:

Lydia and David Zinn on the loss of  
a's brother, Louis Radovich.

Ellen Press on the loss of her brother,  
Jan Press.

Ray Maclachlan on the loss of her  
mother, Jean Maclachlan.

Cindy Navarro and family on the loss of  
her father, Edmond Navarro.

Martin Tannenbaum on the loss of his  
friend, Rebecca Bluck.

Julie Dorf on the loss of her uncle, Shel-  
don Dorf.

Dr. Avraham Giannini on the loss of his  
office manager and life companion,  
Georgette Beainy.

James Carlson on the loss of his  
brother, Kenneth Carlson.

Robert Tat on the loss of his aunt, Lois Peal.

Patricia Lin on the loss of her friend,  
Caroline Cox

Sharyn Saslafsky on the loss of her  
friend, Doug Wright

## Mazel Tov to:

Joann Epstein-Bliss on her bat mitzvah.

Brad Post and Susan Leff and family on  
the birth of their daughter, Lilah Giselle.

Yo Schneeman on her retirement from  
Kaiser-Permanente San Rafael Medical  
Center.

Jessica Israel Cannon on being named  
Principal of Chabot Elementary School  
in Oakland Unified School District.

Donna Fein on her acceptance into the  
Covenant.

## New member:

Lauren Goldberg

## Member Yahrzeits

### September

- 1 John Golebowski
- 3 Lee Giersen
- 5 Frances Pechter
- 6 Elliot Klein
- 11 Daniel McGoldrick
- 12 Arnie Jackson
- 15 David Pierce
- 18 Penny Dachinger
- 20 Edward Wolberg
- 25 Jeffrey Lewis Cohen

### October

- 3 Rabbi Benjamin Marcus
- 6 Jeffrey Miller
- 8 Duane Kearns Puryear
- 12 Andrew Zysman
- 13 Harry Clint Bigglestone
- 18 Henry Mautner
- 24 Glenn Murray Miller
- 29 Michael Mohr


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## Congregation Sha'ar Zahav

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San Francisco CA 94103

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**FAX** 415-861-6081

**WEB** <http://www.shaarzahav.org>

Rabbi Camille Shira Angel

Cantor Sharon Bernstein



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# Sha'ar Zahav's High Holy Day Services 5775



All services, unless otherwise noted, will be held at

**San Francisco Scottish Rite  
Masonic Center**

2850 19th Avenue (at Sloat)  
San Francisco

**Saturday, September 20**  
**Wednesday, September 24**  
**Thursday, September 25**

**Friday, September 26**  
**Sunday, September 28**  
**Friday, October 3**  
**Saturday, October 4**

**Wednesday, October 15**  
**Thursday, October 16**

Selichot, 8:00 pm @ CSZ  
Erev Rosh Hashanah, 7:30 pm  
Rosh Hashanah, 9:30 am  
Children's (Readers), 10:30 am  
Children's (Pre-Readers), 11:30 am  
Tashlich, 2:00 pm @ Crissy Field  
Rosh Hashanah, 9:30 am @ CSZ  
Kever Avot v'Imahot, 10:00 am @ Hills of Eternity  
Kol Nidre, 7:30 pm  
Yom Kippur, 9:30 am  
Children's (Readers), 10:30 am  
Children's (Pre-Readers), 11:30 am  
Yizkor & Neilah, 5:30 pm  
Simchat Torah, 7:00 pm @ CSZ  
Yizkor, 10:00 am @ CSZ